

ABSTRACT OF THE DISCLOSURE

This invention relates to a fully adjustable personal back rest and seat cooling and heating system specifically designed to provide several hours of high efficiency cooling or heating when used by a user as either a seat cushion and back or a mattress or sleeping surface. This combination personal back rest and seat cooling and heating system invention is capable of delivering several hours of high efficiency personal cooling or heating without the use of caustic or toxic chemicals with virtually no risk of injury associated with its use. This personal back rest and seat cooling and heating system invention is portable, battery powered, lightweight and durable in construction and specifically designed for use in harsh climatic conditions where access to refrigeration and heating are limited or unavailable.